

WHAT'S LEFT TO DO WHEN THE SHOOTER HAS THE BALL?

PHASE 2 – DEFENCE OF THE SHOT

PROCESS and AWARENESS

Nb. whilst 3 seconds is the rule; always train for 4 seconds.

Coaches when you look at these photos – I didn't worry about which arm the girls were using to defend with in relation to the side of the court they are on.

1. Lean – same hand / foot forward on ground:

- a. Balance on one foot or two with a split stance
- b. Start with knees slightly bent
- c. Sometimes stretch to the fullest (on 3 seconds)
- d. Sometimes maintain a more crouched position, in preparation to jump



2. Single Jump:

- a. Slight knee bend
- b. Keep eyes on the ball
- c. Time jump at earliest release point of the ball with intention to deflect ball at lowest point.



3. Double Jump – As above, however:

- a. Initial (smaller) jump is done
- b. Followed by the final jump and attempt at the ball
- c. Or alternatively, one defender completes first jump, and second defender times their jump to go second.

4. Forward Leg Hang / Forward Stance:

- a. One hand to two hands or 2 hands up to ball
- b. Balance on one foot and have the opposite knee drawn up towards the chest between shooter and defender whilst face on to the shooter (this is not obstruction as foot is off the ground).



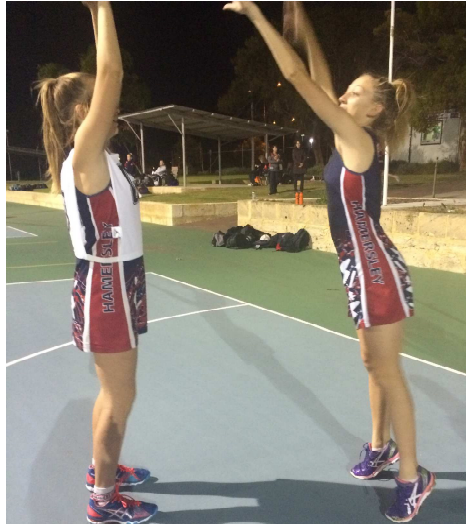
5. Inside Leg Hang / Side On Stance – (probably the most difficult to do as the whole body on the inside of defenders centre of gravity – easy to fall in early:

- a. Standing slightly on angle
- b. Foot furthest from goaler is the grounded foot
- c. Therefore the leg closest to goaler hangs on the inside with a drawn up knee



6. Two Feet, Two Hands, Swing to one Foot:

- a. Start square to shooter with both hands up over the ball
- b. As defender reaches more, move from two feet onto one and have an inside forward leg hang

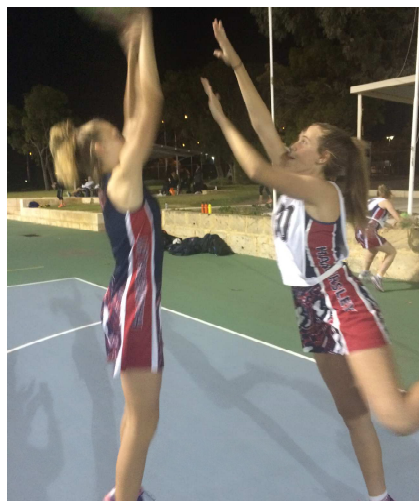


7. Late Hand / Windmill:

- a. Start with one hand and swing in the other hand late – do not swipe the face in this action, it is intimidation
- b. Split start with feet and on the change of arm defender can launch back knee forward.

8. Ladder/ Grow /Grow:

- a. Start with a steady balance and then keep stretching and lengthening
- b. Alternating hand movement (climbing a ladder)
- c. Combined with a **Forward Leg Hang** or **Single leg stance** as shown



9. Defend from Side or Behind:

- a. Used often on a close shot when the other defender has BLOCKED out the 2nd shooter.



10. Chair Lift:

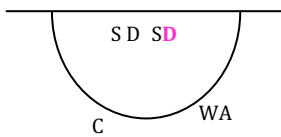
- a. A technique more likely seen at the elite levels
- b. This technique requires athlete strength, core stability
- c. Exceptional timing and most importantly plenty of practice.



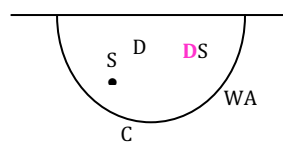
WHAT'S LEFT TO DO WHEN THE SHOOTER HAS THE BALL? PROCESS and AWARENESS

POSITION OF THE NON-DEFENDER ON THE SHOT

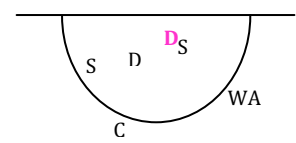
- 1. Defender needs to take a stance to cover the following – this will often require “repositioning” from the initial defensive stance:**
 - a. Rebound
 - b. Shooter to shooter link
 - c. Swing
 - d. Triangle
- 2. Short shot:**
 - a. Defender tries to hold shooter close to / under the post ready to rebound
 - b. Or, time a flick of the ball to self or team mate
 - c. At the last resort if defender cannot secure the rebound or flick, try to get a tip on the ball and put it out of play to force a throw in by the shooter – second life line.
- 3. Medium to Long Shot:**
 - a. Defender needs to be between the attacker and the post blocking out
 - b. Don't allow the shooter to edge the defender under the post.



Short shot



Medium shot



Long shot



WHAT'S LEFT TO DO WHEN THE SHOOTER HAS THE BALL? PHASE 3 – BLOCKING OUT AFTER THE RELEASE – REBOUND

PROCESS and AWARENESS

At the completion of the defence on the shot, establish a rebounding position

The footwork needed to prepare for Phase 3 must happen:

- a. Defender must step across the shooters body (Defender right foot crosses on the turn and lands in front of the shooters right foot)
- b. Or jump forward and turn to block out. This requires excellent balance and no contact.

Process

1. Defender make themselves big, with strong upright body positioning
2. Protect the space between the post and front of the defenders body first, before launching for rebound
3. Use footwork to keep shooter off the rebound and keep them away from the post. Defender needs to remember to protect the space in front of their body at all times
4. Watch the shot onto the ring, read and anticipate – “What Next”
5. Don't jump to rebound until ball is coming off the ring, timing on the rebound is critical
6. Rebound strongly with 2 HANDS, keeping the body strong at all times
7. If you can't secure a rebound, attempt to tip ball either to self, teammate or at last resort out of court.

NB: If defender is athletic and has good body control they can turn quickly in the air prior to landing with vision down court.



WHAT'S LEFT TO DO WHEN THE SHOOTER HAS THE BALL? PHASE 4 – OUTLET PASS TRANSITION TO ATTACK PROCESS and AWARENESS

Width and depth of vision must be developed

Process

1. Must consider which side to link outlet pass. What will promote the best balance and quality on delivery?
 - a. Which way has the defender pivoted after rebound – Left or Right?
 - b. Which side of the goal post was the rebound taken - Left or Right?
 - c. Where are the C and WD positioned on the circle edge?
2. Should you release a quick delivery?
3. Should you release a slower delivery?
4. Widen vision to see both long, medium and short option outlet.

Finally discipline by the defender regarding contact and obstruction whilst defending the shot and rebounding is critical. Do not give the shooter a second shot and advancement closer to the post.

